

# STRIVE

to "Fall" in love with Greece parks & activities



3 Vince Tofany Blvd., Greece, New York, 14612

## Fall Edition

September- November 2018



# WE [H]OME

## Fall Program Guide Contents

### What's Inside:

A Note from the Supervisor.....	3
Department Information.....	4-5
Youth Activities.....	10-11
Fitness Activities.....	14-15
Active Adults:	
Athletic Activities.....	16
Cards, Bingo & Table Games.....	17
Arts & Crafts.....	18
Health & Wellness.....	19- 20
Fun & Socialization.....	21
Nutrition.....	22
Special Events.....	23
Lodges, Shelters & Reservations.....	24-25
Outdoor Facilities .....	26-27

### Department Team

#### Administrative

Peter O'Brien  
Lisa Letta  
Christine Saddler  
Kathy Walker  
Terri Dickerson

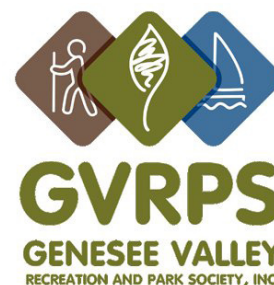
#### Recreation

Mike Barnes  
Robyn James  
Addison Steven  
Danielle Gross  
Gina Edwards  
Katie Decker  
Laurie Gately  
Joy Dickerson  
Joe Cantatore  
Maddie Pickett

#### Parks

Frank Antinetto  
Marc Piccone  
Steve Johnson  
Christian Banegas  
Tom Donnelly  
Scott Tronolone  
Dan Fuller

### Proud Members of:



# A Note from the Supervisor



In the Town of Greece, we have made a commitment to improving your quality of life. Each day, our team members work hard to create safe, fun and healthy opportunities for you and your family.

In this edition of the Strive magazine, that commitment continues. Read through to see information on the Family Halloween Party, fitness classes, woodcarving classes, the Land of Make Believe, first aid classes and more. Remember, you can register for most classes online. However, if you prefer the personal interaction, you can also sign up at our Community Center.

Do not forget that your Greece parks are designed for you to connect with nature. From hiking trails to playgrounds, our beautifully manicured parks take you away from the hustle and bustle of everyday living.

It has been a busy summer at the Parks and Recreation Department and we are looking forward to the upcoming Fall season in our town.

As always, thank you for your support.

A handwritten signature in black ink that reads "Bill Reilich". The signature is fluid and cursive, with the first name "Bill" being more prominent than the last name "Reilich".

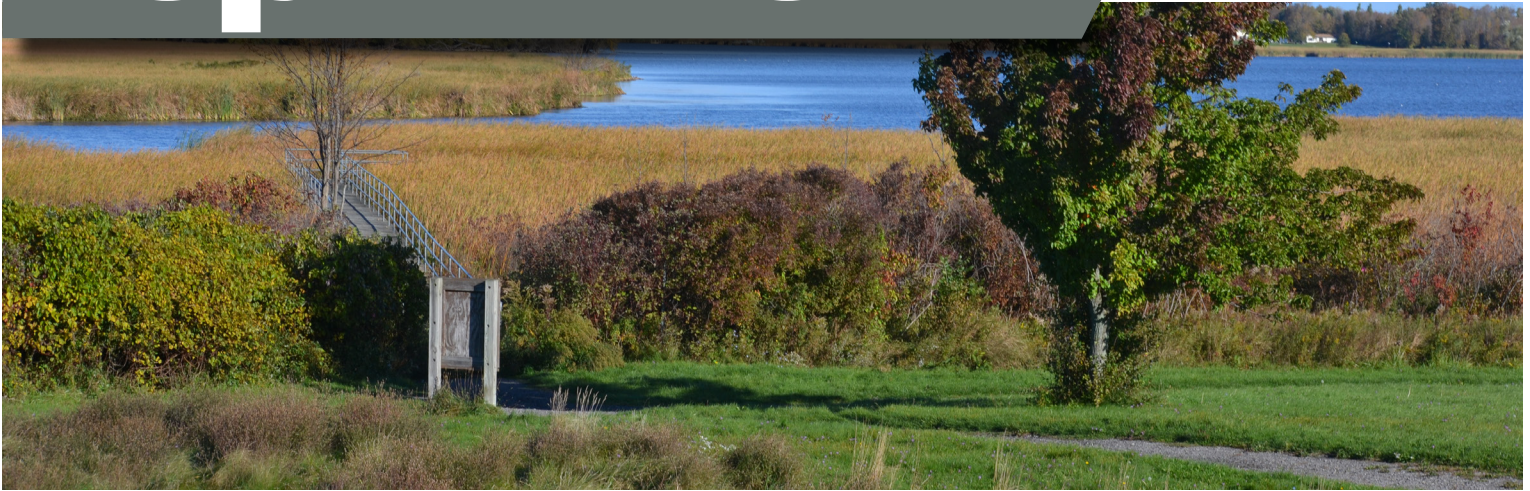
Bill Reilich  
Supervisor  
Town of Greece

Michelle Marini, Deputy Supervisor

Greece Town Board Members

Michael Barry, Jr. 1st Ward Councilman  
William Murphy, 2nd Ward Councilman  
Joshua Jensen, 3rd Ward Councilman  
Diana Christodaro, 4th Ward Councilwoman

# Dept. Information



## Greece Department of Parks & Recreation

3 Vince Tofany Blvd, Greece, N.Y., 14612  
(585) 723-2425  
greeceparksandrec@greeceny.gov  
www.greeceny.gov

### Hours of Operation

Monday-Thursday: 8 a.m. – 8 p.m.  
Friday: 8 a.m. – 5 p.m.  
Saturday: 8 a.m. – 1 p.m.  
Sunday: CLOSED

### Register for Programs/ Book Facilities

Visit our location or register online:  
[www.greeceny.gov/departments/cscparks](http://www.greeceny.gov/departments/cscparks)  
and click “Online Activity Registrations”



**Quick Reference Icons:**  
Look for these throughout this guide



Pre- registration  
required in order  
to participate



Free for members to  
take part: registration  
may still be required



A new program  
or event for this  
session





## It's Easy to Join

- 1 Visit our friendly team at 3 Vince Tofany Boulevard in Greece
- 2 Bring proper photo identification that shows proof of residency (driver's license, mail, etc.)
- 3 We will sign you up, take your picture and your I.D. card or key tag will be printed on site.

## Membership Fees

Greece Residents: FREE  
Non-Residents:  
Single Non-Resident 60 & Under: \$50  
Single Non-Resident 61 & Older: \$35  
Family of Two+ Adults with at Least One Child: \$145  
One Time Non-Resident Visit:  
\$5 per person, per visit

## Class Credit Information

Some classes and programs require credits that can be purchased at the front desk. Our fitness classes are drop-ins and can be joined at any time with no previous experience necessary.

For any questions regarding fitness classes or programs, see a knowledgeable recreation team member.

Class Credits for:  
Greece Resident Members  
16 Credits for \$15  
33 Credits for \$30  
50 Credits for \$45

Non-Greece Resident Members  
16 Credits for \$20  
33 Credits for \$40  
50 Credits for \$60





# Life is better with friends. *And fun.*

Atria Greece offers older people a setting – and a lifestyle – that inspires meaningful connection.

From dining experiences that draw neighbors around the table to opportunities for fitness, fun and creativity, every day brings possibilities to engage with others.

**Schedule a tour today and stay for lunch or dinner – on us.**

*Atria* GREECE

INDEPENDENT & SUPPORTIVE LIVING

150 Towngate Road | Rochester  
585.225.3010 | AtriaGreece.com

License 370-F-210

2018



## EUCHRE PARTY



Friday, September 14 | 11:30 A.M. - 4 P.M.

**PRIZES**

**FOOD**

**REFRESHMENTS**

### RULES:

- Open to Adults 21 & Older
- Each participant will play for individual points while changing partners every round
- Rounds will consist of 20 minutes each with the number of rounds being determined by total time allotted

### REGISTRATION INFO:

- Register by Friday, September 7
- Register online or in person
- Online: [www.greeceny.gov/departments/cscparcs](http://www.greeceny.gov/departments/cscparcs)
- Click on 'Online Activity Registrations'
- For more information call (585) 723-2425

Sponsored by  
*Atria*  
SERVICE LIVING

Event Location:  
Greece Community Center | 3 Vince Tofany Blvd. Greece, NY 14612

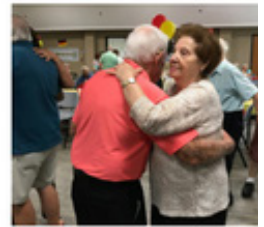
**MEMBER COST: \$5.00 PER PERSON**



# OPEN HOUSE

TUESDAY, SEPTEMBER 25

10:00-11:30 a.m. & 6:00-7:30 p.m.



TAKE A TOUR  
MEET OUR INSTRUCTORS

SIGN-UP FOR A  
MEMBERSHIP  
Free to Greece Residents!

ENTER OUR  
PRIZE DRAWING

Refreshments will be served

Greece Community Center/3 Vince Tofany Blvd./Greece, NY 14612/ (585) 723-2425

## Columbus Day Break Activities MONDAY, OCTOBER 8

The Happy Pirates  
10:00-11:00 am  
OPEN TO ALL AGES  
Free



Color Me Mine  
1:00-3:00 pm  
Ages 5 & Up  
Member Cost: \$12 per person

Register by Monday, September 24  
Paint your own pirate object!  
Light snack &  
beverage provided

GREECE COMMUNITY CENTER  
3 VINCE TOFANY BLVD. GREECE, NY 14612  
QUESTIONS? (585) 723-2425



## COMEDY & CABARET

Wednesday, October 17

12:30-2:30 pm



A DAY OF COMEDY, DANCE & SONG!

COMBAT COMEDIANS

12:30-1:15 PM

TRAVELING CABARET

1:30-2:30 PM

MEMBER COST: \$5 PER PERSON  
LIGHT REFRESHMENTS PROVIDED

Event Location:

Town of Greece Pavilion

\*weather permitting

3 Vince Tofany Blvd. Greece, NY 14612

Questions? (585) 723\*-2425

Tickets Available Starting  
Monday, August 13



# BROOKDALE

— WEST SIDE ROCHESTER —

SENIOR LIVING SOLUTIONS

**Assisted Senior Living** | Studio Style/Private Bath  
3 Chef Prepared Meals | Medication/Housekeeping  
Linen Service / Transportation • *And Activities*

— **225-7210** —

1404 Long Pond Rd / Greece, NY 14624

**[www.brookdale.com](http://www.brookdale.com)**



# Family Halloween Party

You're in for a spooktastic time!

**Date:**

Friday October 26, 2018

**Time:**

6:00pm-8:00pm

**Location:**

Greece Community Center  
3 Vince Tofany Blvd  
Greece, NY 14612



**Cost:**

\$2 per person up until Friday, October 19, 2018

\$5 per person starting October 20, and at the door

Children 2 and under FREE

Purchase your tickets starting Tuesday Sept. 4th

\*Please note that space is limited for this event.

This event is for Greece residents only

COME DRESSED IN COSTUME!



# Youth Activities

## OPEN PLAY

MONDAYS: 10:30 a.m.- 12:30 p.m.  
WEDNESDAYS: 11 -11:50 a.m.

**FREE**

Ages 2-6

A gym filled with play equipment; a wonderful opportunity to let your toddler run loose and interact with other children.

## KIDDIE KLUB KRAFT

MONDAY- FRIDAY: 11 a.m.- 1 p.m.

**FREE**

Ages 2 & Up

This program is designed for your child to use their imagination and create a simple craft project in a fun environment. All supplies provided.

## OPEN MATS

TUESDAYS: 10 a.m.- 12 p.m.  
THURSDAYS: 9- 11 a.m.

**FREE**

All Ages

Bring your little ones to run, roll and play on our mat, but don't forget to head to the craft room for "Kiddie Klub Kraft" to make the daily craft.

## MUNCHKIN MATS

MONDAYS: 6:15-7:15 p.m.  
WEDNESDAYS: 7-7:45 p.m.

**FREE**

AGES 1-3

Let your little munchkin get rid of all that energy before bedtime as they run and play on mats.

## WHEELS IN MOTION

MONDAYS: 1:30 - 2:30 p.m.  
THURSDAYS: 10 - 10:50 a.m.  
FRIDAYS: 10 - 10:50 a.m.

**FREE**

Ages 2-6

This program is designed for children to come together and enjoy riding various big wheels, tricycles and cozy coupes in a safe and fun environment.

\*A helmet is required at all times

## FAMILY SHOOT AROUND

TUESDAYS: 7-7:50 p.m.

Open to All Ages

Family—Must come with a parent or guardian

**FREE**

The CSC will be offering an open gym shoot for families. All youth participating must have parent/guardian supervision at all times.

## OPEN GYM BASKETBALL

MONDAYS: Ages 9 & Under, 3-5 p.m.

TUESDAYS: Ages 10-13, 3:30-5:30 p.m.

THURSDAYS: Ages 10-13, 3:30-5:30 p.m.

**FREE**

September 3-November 26

Shoot some hoops during our open gym time. Parent/Guardian supervision required at all times for youth ages 12 and under. Pre-registration required. Limited space. Must have membership and be a Greece resident to participate.

## CSC/PE

WEDNESDAYS: 10- 10:50 a.m.

AGES 7-12

September 5 - November 28

The CSC/PE class will utilize sports and leisure activities to promote a healthy lifestyle and understanding of health and wellness with an emphasis on small and large group games.

Member Cost: \$10 per participant

Register by August 15

## TEEN SHOOT AROUND

MONDAYS 3 - 5 p.m.

WEDNESDAYS 2:30-4:30 p.m.

September 3 - November 6

Ages 14-17

**FREE**

Come shoot around after school. Pre-registration required. Limited space. Must have membership and be a Greece resident to participate.

## TINY TYKE SOCCER

SATURDAYS, September 8 - 29  
9:15 - 10 a.m.  
Open to Ages 3-4



This four-week exploratory program will introduce children to the game of soccer.

\*Please dress appropriately for outdoor play.

Register by August 31  
Member Cost: \$20

## FIRST TOUCH SOCCER

SATURDAYS, September 8 - October 13  
10:15-11:15 a.m.  
Open to Ages 5-8



This program is designed to teach youth the basic fundamentals and skills of the game while developing knowledge and appreciation, team play and good sporting behavior.

\*Please dress appropriately for outdoor play.

Register by August 31  
Member Cost: \$25

## THE LAND OF MAKE BELIEVE (TWO SESSIONS)

SESSION I:  
TUESDAYS, September 11- October 16  
Register by September 18



SESSION II:  
TUESDAYS, October 23-November 27  
Register by October 30

6 - 7:30 p.m.  
Open to Ages 6-13

This program combines creative drama and the use of the imagination to provide children with a safe space to develop confidence, creativity and have fun. Participants will act out a play, and learn different drama and improvisational games to make new friends and learn what it is like to be in a show.

Member Cost: \$6 per child

## JUST COOKING WITH CLASS

THURSDAYS, September 13 - November 8  
9:45 - 10:45 a.m.  
Open to Ages 3-6



This hands-on class will give you and your little one(s) the opportunity to cook simple, budget friendly recipes to share with family and friends.

Weekly Schedule:

September 13: Trix on Sticks  
September 20: No Program  
September 27: Churro Banana Bites  
October 4: Easy Cannoli Cones  
October 11: Best Ruffles Krispie Treats  
October 18: Banana Pudding  
October 25: Cheesecakeadilla  
November 1: Marshmallow Popcorn Balls  
November 8: Cheesecake Nachos



Please Note: There is no baking or craft with this program. Parents are expected to participate with their child in the preparation and serving of snacks.

Member Cost: \$8 per child

## MINI MONET (TWO SESSIONS)

SESSION I:  
MONDAYS: September 10 - October 1  
Register by August 31



SESSION II:  
MONDAYS: October 8- October 29  
Register by October 5

6:30-7:30 p.m.  
Open to Ages 4-6

A fun program which allows children to creatively express themselves through crafts and art.

Examples of activities:

- Leaf painting
- Finger painting
- Painting with objects
- Abstract of art

Member Cost: \$10 per child



# WRITING POETRY

*"Every Moment is a Poem"*

**Mondays, September 17-October 8**  
**6:00-7:00 p.m.**

**OPEN TO AGES 11-14**

This program is designed to provide youth with the opportunity to listen to poetry read by a local author/poet. They will learn what poetry is and how to express themselves with it and create their own poetic masterpiece.

*Please Note: Participants will need to bring paper and pen or a laptop/tablet to work on.*

Register in person or online.

Online Registration:

[www.greeceny.gov/departments/cscparcs](http://www.greeceny.gov/departments/cscparcs)  
Click 'Online Activity Registrations'

Class Location: Greece Community Center  
3 Vince Tofany Blvd. Greece, NY 14612  
Questions? (585) 723-2425

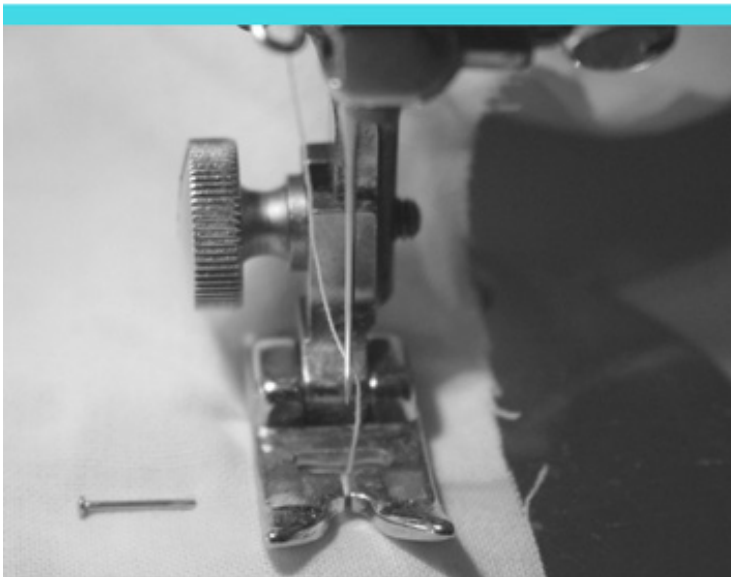
**MEMBER COST:**  
**\$20 PER PERSON**



## CREATIVITY SHELL

Sewing/Textile Class for Kids

**Tuesdays, November 6-December 4**  
**6:00-7:30 p.m.**



Participants will have the opportunity to create and design a project by using a sewing machine. They will learn to sew by hand with help from teachers who inspire by teaching essential life and practical skills. All supplies provided.

**Open to Ages 7 & Up**

**MEMBER COST: \$50.00 PER PERSON**  
Register by Monday, October 29

Register in person or online.

Online Registration:

[www.greeceny.gov/departments/cscparcs](http://www.greeceny.gov/departments/cscparcs)  
Click 'Online Activity Registrations'

Class Location: Greece Community Center  
3 Vince Tofany Blvd., Greece, NY 14612  
Questions? (585) 723-2425



## "PREHAB"



### Are you thinking about having a hip, knee or shoulder replacement?

GVPT's Prehab Program begins with a Physical Therapy Evaluation to identify your specific limitations. Your Therapist will answer any questions/concerns regarding surgery, pre & postoperative expectations. An **individualized exercise program** will be established to execute within our clinic, in your home and/or gym setting. The GVPT therapist will re-evaluate your routine in order to modify/progress your program, and answer any questions you may have.

**Research shows the more physically fit you are going into surgery, the better your post-op outcomes are!**

DIRECT ACCESS = No Prescription Needed!

Call to Schedule: 355-4310

[www.GVPT.me](http://www.GVPT.me)



*Looking for Family Friendly Fun?*

# COME OUT & PLAY.



Daily Public Skate Sessions



Birthday Parties



Learn to Ice Skate Programs



Hockey 101  
Free for first time participants



**BILL GRAY'S**  
REGIONAL  
ICEPLEX

WE'RE MORE THAN JUST ICE.  
(585) 424-4625  
[billgraysiceplex.com](http://billgraysiceplex.com)



**ONE FREE ADMISSION**  
to any regular Public Ice Skating session

Redeem this coupon for complimentary admission for one person to any regularly scheduled Public Ice Skating session at Bill Gray's Regional Iceplex. Visit us online to view our full public ice skating and events calendars.  
[billgraysiceplex.com](http://billgraysiceplex.com) GPR18 VALID THROUGH 11/11/18





# Fitness Activities



## CORE FITNESS

MONDAYS/FRIDAYS: 8:15- 8:45 a.m.  
Ages 18 & Up

This class utilizes all core muscles while focusing on a particular group each class to help increase strength, flexibility and overall balance. This class uses weights, weight bars, floor mats and balance discs to increase the class intensity.

Member: 1 Credit

## GENTLE STRETCH & STRENGTH

MONDAYS/WEDNESDAYS: 1 - 1:50 p.m.  
TUESDAYS: 10-10:50 a.m.—NEW!  
Ages 18 & Up

This class provides gentle exercises to help increase flexibility, range of motion and strength. The goal of this class is to reduce pain and stiffness, restore and maintain joint range of motion, increase muscle strength, and improve balance and coordination.

Member: 1 Credit

## LOW IMPACT AEROBICS

MONDAYS: 9- 9:50 a.m.  
Ages 18 & Up

An energetic, effective low impact and varied intensity aerobics class that will help participants increase stamina, endurance, and keep your body moving and heart pumping.

Member: 1 Credit

## CARDIO FUSION

TUESDAYS: 9 - 9:50 a.m.  
THURSDAYS: 6 -6:50 p.m.  
Ages 18 & Up

A workout composed of various cardio exercises using weights. This program will incorporate muscle groups from both the upper and lower body to increase your stamina, endurance, flexibility and overall body strength.

Member: 1 Credit

## TAI CHI & QIGONG

TUESDAYS: 9 -9:50 a.m.  
Ages 18 & Up

This class includes standing exercises which add strength stamina through gentle stretching and flowing movements following the traditional Chinese Yang-24 short form.

Member: 1 Credit

## THERA-STRONG RESISTANCE CLASS

TUESDAYS: 12:30-1:20 p.m.  
Ages 18 & Up

This fitness class will give you the tools necessary to:

- Increase strength
- Work on range of motion
- Increase cardio

Please Note: This class includes the use of a resistance band. All equipment provided

Member: 1 credit

## ZUMBA

TUESDAYS: 6 - 6:50 p.m.  
Ages 18 & Up

An aerobic fitness class featuring movements inspired by various styles of Latin American dance music.

Member: 1 Credit

## HATHA YOGA

TUESDAYS: 7-7:50 p.m.  
WEDNESDAYS: 9-9:50 a.m.  
Ages 18 & Up

This class incorporates a full body workout that includes a warm-up, a total body stretch, yoga postures, and a cool-down. The focus of this class will be on core strength and stability.

## SELF BODY WEIGHT

WEDNESDAYS: 8:15 - 8:45 a.m.  
Ages 18 & Up

This class will focus on increasing strength, range of motion and endurance through the use of body weight only. Elements of Tabata will also be incorporated to increase cardio.

Member: 1 Credit

## 3 IN 1 FITNESS

WEDNESDAYS: 6 -6:50 p.m.

Ages 18 & Up

This class focuses on three aspects of fitness: aerobic with cardio work, aerobic with weight work, and flexibility and breathing. This class also includes techniques from Yoga and stretching.

Member: 1 Credit

## ZUMBA GOLD

THURSDAYS: 9 -9:50 a.m.  
Ages 18 & Up

This class takes the Zumba workout and makes it accessible for seniors, beginners or others needing modifications in their exercise routine.

Member: 1 Credit

## STRENGTH & CONDITIONING

FRIDAYS: 9 -9:50 a.m.  
Ages 18 & Up

This class includes warm-up, stretching and various styles of weight training. Training types to include: low weight, high reps for stamina and high weight, low reps for strength, along with resistance training.

Member: 1 Credit



## GENTLE YOGA

FRIDAYS: 1-1:50 p.m.

Ages 18 & Up

This class is a combination of both standing and seated yoga poses. Gentle Yoga will increase flexibility, balance and range of motion with or without chair support. Relaxation and restorative breathing exercises will reduce daily life stressors.

Member: 1 Credit

## SATURDAY MORNING FITNESS

SATURDAYS: 8 -8:50 a.m.

Ages 18 & Up

Start your Saturday off with a sweat! Every eight weeks a different fitness class will be offered to kick your weekend into high gear. For more information, see a member of our recreation team.

Member: 1 Credit



# Active Adults

## Athletic Activities

### TABLE TENNIS

MONDAYS: 10 a.m.-1 p.m.  
WEDNESDAYS: 12-2:45 p.m.  
THURSDAYS: 3:30 -7:30 p.m.  
FRIDAYS: 11:30 a.m. - 2:30 p.m.

**FREE**

Take part in this competitive game between 2 or 4 players. All equipment provided.

### ADVANCED PICKLEBALL

TUESDAYS: 12:30 -3 p.m.

**FREE**

Enjoy an advanced level of play and continue working on your pickleball skills all while having fun.

Two courts will be designated for advanced play. One court will be designated for beginner/intermediate play. All equipment is provided.

### BEGINNER/INTERMEDIATE PICKLEBALL

THURSDAYS: 12:30-3 p.m.

**FREE**

Continue to work on your technique and skill level with intermediate level layers.

Two courts will be designated for beginner/intermediate play. One court will be designated for advanced play. All equipment is provided.

### COMMUNITY PICKLEBALL

WEDNESDAYS- 5:30- 7:50 p.m.  
SATURDAYS- 11:45 a.m. - 12:45 p.m.

**FREE**

All skill levels are invited to play the game of pickleball on our 3 indoor courts. No instruction is given during this time.



### COMMUNITY VOLLEYBALL

MONDAYS: 5:30-7:45 p.m.  
Ages 12 and up

**FREE**

Enjoy the traditional game of volleyball with our open volleyball game play. All equipment provided.

### SENIOR SHOOT AROUND

WEDNESDAYS: 2:30 - 4:30 p.m.  
Ages 55 & Up

**FREE**

This program was designed specifically for a senior population looking to get back on the court. Bring a friend or come alone.

### STARTER PICKLEBALL

MONDAYS-5:45-7:45 p.m.

**FREE**

If you're still getting the hang of this game, and looking for a place to practice with other new players, then this is the program for you!

Please Note: This is a drop in program with no instruction. Only 1 court available for play.

### OPEN LINE DANCING

Ages 18 & Up  
11 a.m.-12 p.m.

**FREE**

Wednesdays/Fridays  
Listen to your favorite tunes and dace amongst friends.

### OPEN SQUARE DANCING

THURSDAYS 6-7:30 p.m.  
Dates: September 27, October 18,  
November 29

Open to Ages 21 & Older  
Open to ALL levels of square dancers—even first timers.  
Instruction provided for new dancers.

Caller: Jim Gotta  
Member Cost: \$5 per person, per class

## Cards, Bingo and Table Games



### TRAVELING OUR TRAILS

Formerly known as the Greece Hiking Club, this program has commonly been referred to as the 'walking, talking, and gawking program'. While we traverse through the trails of Greece and beyond, we will take moments to stop and appreciate the nature around us with a little bit of history mixed in.



FREE

Thursdays 10 a.m.  
Ages 18 & up (no children please)

September 6: Durand-East Park, Country Club Parking Lot

September 13: URMCI River Walk

September 20: Mendon Pond's Wild Wings, Mendon

September 27: Helmer Nature Preserve, Irondequoit

October 4: Turning Point River Trail

October 11: Greece Canal Park, Main Parking Lot (Northside)

October 18: Powder Mill Park (S), Fish Hatchery

October 25: Island Cottage Nature Trail

Please note: You must pre-register for this program. This program runs from May through October with a different hike each week

### BINGO

MONDAYS: 9:45- 11 a.m.

THURSDAYS: 9:45 -11 a.m. & 12:30 - 2:30 p.m.

Member: \$.25 per board.

### BRIDGE

TUESDAYS/THURSDAYS: 12:30 - 3:45 p.m.

### BRIDGE SKILLS

FRIDAYS: 11:30 a.m. -2:30 p.m.

FREE

FREE

### DUPLICATE BRIDGE

MONDAYS: 12:15- 3:45 p.m.

FREE

### EUCHRE

MONDAYS/WEDNESDAYS: 1 - 4 p.m.

TUESDAYS: 8:30 - 11 a.m.

THURSDAYS: 8:30 - 11 a.m. & 1 - 4 p.m.

FRIDAYS: 8:30 - 11 a.m. & 1 - 4 p.m.

FREE

### SCRABBLE

TUESDAYS-10 a.m. -12p.m.

FREE

### CONTRACT RUMMY

TUESDAYS: 12- 2:30 p.m.

WEDNESDAYS: 5-7 p.m.

FREE

### PINOCHLE

FRIDAYS: 9 - 11 a.m.

FREE

### MAHJONGG

THURSDAYS/FRIDAYS: 12 - 4 P.M.

Please bring your own tiles with you.

FREE

### PENNY POKER

MONDAYS/THURSDAYS: 12:30- 3:30 p.m.

FREE



# Active Adults

## Arts & Crafts

### NEEDLEWORK GROUP

MONDAYS: 9 a.m. - 12 p.m.

FREE

Join us for a fun morning of knitting, crocheting, quilting, cross stitch, etc. And of course, good conversation. Bring along a project you are working on or start something new!

### OPEN SEWING

TUESDAYS: 9:30 a.m. - 2:30 p.m.

FREE

Dates: September 4 & 18, October 2 & 16, November 6 & 20

If you enjoy the craft of knitting and sewing, then this group is for you. Bring your own supplies and create something new amongst friends.

### PROJECT LINUS

WEDNESDAYS: 9- 11:30 a.m.

FREE

Dates: September 5, October 3, November 7

Combine your sewing skills with your desire to help others by helping make lap quilts and Afghans that are donated to:

- Children's Hospitals
- Dialysis Units
- Cancer Units
- Veterans Facilities

For more information please stop at the front desk or call 723-2425.

### ART CLUB

WEDNESDAYS: 1 - 3 p.m.

FREE

Bring your own supplies and art work and create amongst friends! All materials must be brought in by the participants.

### OPEN WOOD CARVING

MONDAYS, September 10 -  
November 26  
9 - 11:30 a.m.

FREE

NEW

Experienced carvers and curious beginners are all welcome to drop in and get carving. Please provide your own tools. If you do not own any but are curious how to start, we encourage you to visit. The group meets every week. This is a free activity and open to all skill levels.

### BEGINNER'S WOODTURNERS WORKSHOP

Saturday, November 3  
Time: 8:30 a.m.- 12 p.m.  
Ages 10 & Up



This will be a hands-on beginners class where you will learn the fundamentals of woodturning on a lathe including safety, sharpening, machine use and tool handling. Machines, materials and tools will be provided. It's anticipated that participants will come away with a turned project wooden bowl. Get in touch with your creative self. This class will be fun for all members of the family.

Register by Friday, October 26

Member Cost: \$20 per person



## Health and Wellness Seminars

### MATTER OF BALANCE

Mondays, September 10 - October 29  
12 - 2 p.m.

The Community Center will be offering another session of our Matter of Balance program. Join us for this informative eight week program that will cover various aspects of balance. You'll have the opportunity to learn:

- Helpful Hints
- Exercises
- Dieting Tips

And much more!



Please Note: This program is limited to the first 15 participants.

### FREEDOM, FAMILY & FINANCES: ELDER LAW LEGAL EDUCATION TO HELP YOU PROTECT AND PLAN FOR YOUR FAMILY'S FUTURE

TUESDAYS, September 11-October 23  
6 - 7:15 p.m.

Designed for adults and seniors, please join us to learn about techniques that will benefit you and your family both financially and personally.

September 11: Freedom, Family & Finances  
September 18: Protecting Personal Assets  
September 25: NO PROGRAM

October 2: Protecting Personal Assets (Part II)  
October 9: Estate Planning is a Family Affair  
October 16: Aging in Place  
October 23: Handling Diminished Capacity

Please Note: This program is limited to the first 30 participants. Register by Friday, September 7.



### HEALTH SERIES -MANAGING OSTEOARTHRITIS

Friday, September 21  
12 - 1 p.m.

This seminar will cover:

- Why osteoarthritis creates pain
- Pain reduction & treatment options
- Q & A Period



### HEALTH SEMINARS

#### The Essentials of Oils

Wednesday, September 26  
6:30-7:30 p.m.

Join Carole Nier, Certified Holistic Health & Nutrition Coach as she covers:

- What essential oils actually are
- How to use essential oils safely
- Demonstrate how to and where to apply essential oils
- Discuss how essential oils can support you emotionally, physically and spiritually
- Explain how to integrate them into your current lifestyle



#### Eating for Type II Diabetes

Wednesday, October 3  
12 - 1 p.m.

Join Carole Nier, Certified Holistic Health & Nutrition Coach as she discusses:

- The importance of nutrition with diabetes
- The effects of nutrition on your diabetes
- How foods can improve your overall health





# Active Adults

## Health and Wellness Seminars

### HEALTH SEMINARS CONTINUED...

#### Living Healthy with Diabetes

Mondays, November 5 - December 10  
12:30 - 3 p.m.

This series will include topics on:

- Nutrition
- Fitness
- Heredity

And other factors that can benefit those with diabetes.

Please Note: Pre-Registration required. This program is limited to the first 15 participants.

Register by Monday, October 29.

Member Cost: \$10

Stop by the center or call 723-2425 to register for this seminar.

#### Health Seminar-Women's Health

Friday, November 16  
12 - 1 p.m.

Join us for an informational seminar with certified Holistic Health & Nutrition Coach, Carole Nier as she covers women's health issues.

Please Note: Q & A period to follow

### INFORMATION SESSION -HEARING LOSS

Wednesday, November 14  
12 - 1 p.m.

This informational session will cover:

- Causes of hearing loss
- Resources available

Please Note: An audiologist will be present for hearing assessments. Pre-Registration Required. Register by Friday, November 9.

FREE

FREE

FREE

FREE

### TIME OUT FOR WOMEN -FALL SESSION I

The Time out for Women Program is one that is designed for women to spend time in a social setting and learn about many unique topics through informational programs.

Wednesdays: 9- 11 a.m.

September 12: "US Customs & Border Patrol Protection"  
Presented by: Agent, Michael Werthman

September 19: Fascinating Israel  
Presented by: Bob Vukosik

September 26: "Learn about Henna: Historically, Culturally & Geographically"  
Presented by: Robin Jaeckel of Henna Rising

October 3: "Learn more about RG & E Services/Programs"  
Presented by: Ivette Torres of RG & E Public Relations Office

October 10: "Paper or Plastic? Avoid Disaster"  
Presented by: Andrea Colline, Outreach Coordinator of Consumer Credit Counseling Service of Rochester

October 17: "3 Women of Cincinnati"  
Presented by: Don S. Hall, Research, Writer & Photographer

October 24: "Loose-Leaf Tea Education & Tasting"  
Presented by: Cynthia Evans of Tea-Licious Trendz Tea & Wellness Shop

October 31: Tour of the Greece Police Precinct  
Presented by: Sgt. Jared Rene

Member Cost: \$20 per 8 week session

### GREECE VOLUNTEER AMBULANCE BLOOD PRESSURE SCREENINGS

Tuesday, September 11: 10:30 a.m.-12 p.m.

Tuesday, October 9: 10-11:30 a.m.

Tuesday, November 13: 9:30-11 a.m.

Tuesday, December 11: 11 a.m.-12:30 p.m.

## Socialization/ Friends & Fun

### TIME OUT FOR WOMEN -FALL SESSION II



The Time out for Women Program is one that is designed for women to spend time in a social setting and learn about many unique topics through informational programs.

Wednesdays: 9 - 11 a.m.

November 7: "Treetops to Coral Reefs"  
Presented by: Diane Henderson

November 14: "Magic with Steve Ingraham"

November 28: "Book Talk Bonanza"  
Presented by: Catherine Henderson, Librarian at the  
Greece Public Library  
\*Bring your library card

December 5: "A Musical History of World War II"  
Presented by: Geoffrey Clough

December 12: "Making Your Own Gingerbread House"  
Presented by: Elizabeth Bauld

December 19: "Seniors Rock & Other Aging Myths"  
Presented by: Joanna Palvino, Producer/Host of The  
Seniors Rock Radio Show, WYSL 1040AM & 92.1 FM  
Radio

December 26: No Program

January 2: "12 Things You Can Do for a Happy & Long  
Life"  
Presented by: Lindsay Collier

January 9: "Fight Colds and Flu with Essential Oils"  
Presented by: Brenda Tea

Register Starting: 10/31  
Member Cost: \$20 per 8 week session

### FRIENDS AND FUN SOCIAL

September 13-November 15  
Thursdays: 6 - 7:30 p.m.



Ages 14 & Up

The Friends and Fun Program is for youth and adults with special needs, 14 years of age and older. This program is designed to provide participants with an opportunity to be independent, experience recreational and cultural activities while increasing social skills, building self-esteem and becoming more independent through the use of fun group activities.

Member: \$45 per session

### FIRST AID FOR MOMS II

Wednesday, October 10  
10 - 11:30 a.m.



This class will discuss things that we as parents encounter everyday with children. Participants will learn how to treat and prevent some of the seasonal injuries. Instruction provided by Greece Volunteer Ambulance

### FRIENDS & FAMILY CPR

Wednesday, November 14  
6 -7:30 p.m.  
Open to Ages 12 & Up



Offered by the Greece Volunteer Ambulance, this class will teach you the skills needed to perform CPR on adults and children. If you have never taken a CPR class and are looking to learn the basics or in need of a refresher, this class is for you.

Please Note: There will be no exam during this class. This is not a certification program.

Register by Wednesday, November 7  
Member Cost: \$10 per person



# Nutrition

## LUNCH' N FRIENDS

MONDAYS-FRIDAYS: 11:30 a.m. -12 p.m.

Meals are served Monday-Friday at the Community Center with your health and nutritional needs serving as top priority. .

Lunch is a suggested contribution of \$3.50 for any persons 60+. For anyone under the age of 60, the meal cost is \$7.50 which will be collected at the front desk.

\*For a guaranteed meal, reservations need to be made 2 weeks in advance; upon availability reservations can be made until the day of meal service.

All meal cancellations must be made by 10am the day before the meal is served.

\*Participants can call the day of to see if there are spots left for lunch..

## BINGO BREAKFAST

- Breakfast is served between 9:30-10 a.m.
- Bingo is played from 10:15-11:15 a.m.



Reservations required two weeks ahead.

\$3.50 due at time of reservation. No phone call reservations.

Dates:

Friday, September 28

Reserve by Thursday, September 13

Menu Items:

- Scrambled egg white patty
- Sausage
- Cheese
- Potato Patty
- Apple Juice
- Peaches
- Milk

Friday, November 9

Reserve by Thursday, October 25

Menu Items:

- Sausage and cheese biscuit
- Potato patty
- Orange Juice
- Peaches
- Milk

## MEAL TIME MUSIC

Join us for these special musical events offered for your listening enjoyment during our nutrition program.

11:30 a.m. -12:30 p.m.

Dates & Musical Guests:

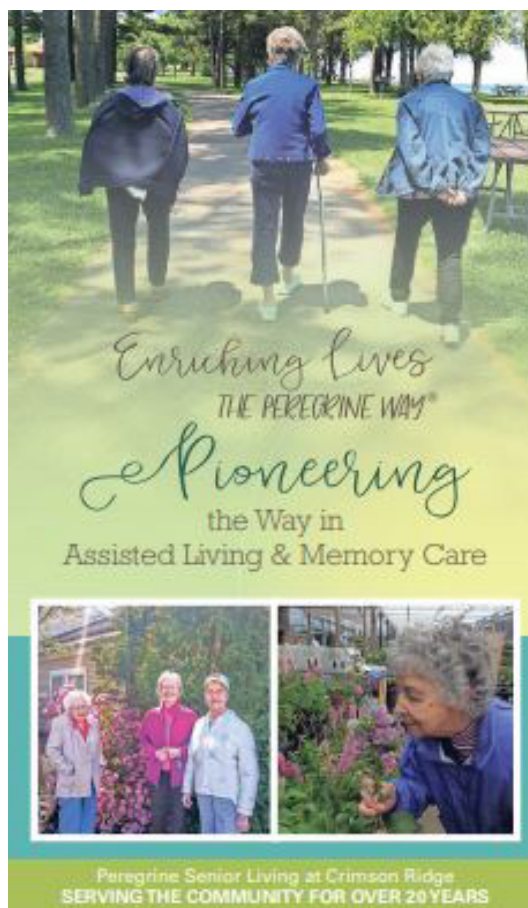
Wednesday, September 26-Karen Labella

Tuesday, October 30-Joe Miltsch

Thursday, November 29-String of Pearls

Member Cost: Free

FREE



(585) 720-9330  
**Peregrine Senior Living**  
at Crimson Ridge  
An Assisted Living &  
Memory Care Community  
1-3 Treeline Drive Greece, NY 14612  
[www.peregrineseniorliving.com](http://www.peregrineseniorliving.com)

# Special Events

## OKTOBERFEST PARTY

Supported by Home Instead  
Thursday, September 20, 10:30 a.m. - 2:30 p.m.  
Music by Fred Lampey  
Tickets on Sale: July 16- September 13  
Member: \$7



## HALLOWEEN PARTY

Supported by Atria  
Friday, October 26, 10:30 a.m.- 2:30 p.m.  
Music by George Hogan  
Tickets on Sale: September 17- October 19  
Member: \$7



## THANKSGIVING PARTY

Supported by Genesee Valley  
Physical Therapy & Sports Rehabilitation  
Thursday, November 15, 10:30 a.m.- 2:30 p.m.  
Music by Musique  
Tickets on Sale: October 22- November 8  
Member: \$7



## CHRISTMAS PARTY

Supported by Brookdale  
Tuesday, December 18, 10:30 a.m.- 2:30 p.m.  
Music by Johnny Matt Band  
Tickets on Sale: November 13- December 11  
Member: \$7



## SENIOR TRIP TO GEVA THEATRE

Wednesday, November 7

Departure Time: 12:30 p.m.

Return Time: 4:30 p.m.



Member Cost:

**\$34.00 per person**

Register by Wednesday, October 24

*Thurgood* spans the impressive 58-year career of Justice Thurgood Marshall, the first African-American to sit on the Supreme Court. From his early days as the civil rights lawyer who argued the landmark case of Brown vs. Board of Education in 1954, leading to the end of institutionalized segregation, to his appointment to the highest court in the land, *Thurgood* is a fitting tribute to Marshall's enduring legacy.

\*Snacks and beverages can be purchased on site at your own expense.

ALL TRIPS DEPART AND RETURN AT  
THE COMMUNITY CENTER

3 Vince Tofany Blvd. Greece, NY 14612





# Lodges & Shelter



## Adeline Park Lodge

Adeline Park  
124 Armstrong Rd

Affordable, and updated in 2017, Adeline Park Lodge can accommodate up to 45 patrons. This facility includes refrigerator, microwave, sink, restroom, and outdoor covering with picnic tables. The park includes a playground, open space, tennis and basketball courts.

Available: Sunday through Saturday, 9:30am-9:30pm

Capacity: 45

Residents: \$85

Non-Residents: \$125



## Lodge 1

Braddock Bay Park  
199 E. Manitou Rd

Built in 2016, this lodge features accommodations for 96 people. Located in picturesque Braddock Bay Park, Lodge 1 is great for weddings, graduation parties, business meetings and many functions. This lodge includes restrooms, and a kitchen with stove, refrigerator, microwave and plenty of counter space. In addition, outside seating is available. The lodge is in close walking distance to a playground and trails.

Available: Sunday through Saturday, 10:00am-10:00pm

Capacity: 96

Residents: \$275

Non-Residents: \$375



## Donald Schleiter Lodge

Braddock Bay Park  
199 E. Manitou Rd

This lodge features accommodations for 65 people and is great for small parties, business meetings, workshops and more. The rental of this lodge can also be combined with the Braddock Pavilion to host larger guests (extra fee assessed). This lodge includes restrooms, and a kitchen with stove, refrigerator, microwave and plenty of counter space. The lodge is in close walking distance to a playground and trails.

Available: Sunday through Saturday, 10:00am-10:00pm

Capacity: 65

Residents: \$200

Non-Residents: \$300



## Braddock Bay Pavilion

Braddock Bay Park  
199 E. Manitou Rd

This full heated and covered pavilion features accommodations for up to 95 people. Windows on all sides of this facility allow beautiful views of the park and Braddock Bay. The rental of this lodge can also be combined with the Schlieter Lodge to host larger guests (extra fee assessed). This lodge includes restrooms, stove, refrigerator and a microwave. The lodge is in close walking distance to a playground and trails.

Available: Sunday through Saturday, 10:00am-10:00pm

Capacity: 95

Residents: \$250

Non-Residents: \$350

\*Schlieter Lodge and Braddock Pavilion are located in the same building and can be a combined rental.

This would increase accommodations to 161 persons. Fees: Residents: \$450 Non-Residents: \$575.

# Reservations

Open Shelter Location	Size (Feet)	Restroom	Playground	Fee Resident	Fee Non-Resident	Athletic Fields	Tennis	Other
<b>Badgerow South</b>	35 x 35	•	•	\$70	\$105	•	•	Trails
<b>Basil Marella</b>	24 x 24	•	•	\$50	\$70	•	•	Disc Golf
<b>Braddock Bay</b>	20 x 28 (2)	•	•	\$60	\$90			Hawk Lookout
<b>Carter</b>	22 x 58	•	•	\$60	\$90	•	•	
<b>Sawyer</b>	30 x 50	•	•	\$60	\$90			Disc Golf
<b>Veterans</b>	35 x 35	•	•	\$70	\$105	•	•	Basketball/ Trails

Greece Department of Parks and Recreation has 4 separate lodge facilities and 7 open shelters that can be reserved for family gatherings and special events. All spaces require advanced reservation.

## Reservation Tips

- Open shelters are available from June to September.
- Lodges are available year round.
- Reservations can be made online, mail or in person at the Greece Community Center
- Lodges can be booked 1 year in advance.
- A refundable deposit of \$100 is required for all lodge rentals and will be returned upon satisfactory condition of your rental.
- To reserve facilities, visit our website at [www.greecenyny.gov/departments/cscparcs](http://www.greecenyny.gov/departments/cscparcs)

## Open Shelters

All open shelters include picnic tables and grills.



# Outdoor Attractions

The Town of Greece parks system includes 45 miles of trails, over 500 acres of parkland, playgrounds, athletic fields, shelters and open space.

## Disc Golf Courses

**Basil Marella Park:** 18 hole course friendly to players of all skill levels. The park is open year round and is free to play. Signature holes include hole #8 measuring 501 feet down a tight wooded fairway and #15 that plays 301 feet down a steep hill and then along a flat chute through the trees.

**Sawyer Park:** 9 hole course with natural tee pads. The park is open year round and free to play. Each hold measures less than 300 feet and is great for all levels of play.

## Marina

**Braddock Bay Park:** Overseen by the Town of Greece and operated by an outside agency, West Point Marina is located at 105 East Manitou Rd and overlooks scenic Braddock Bay. The marina offers seasonal and transient slips for boats and jet skis. Slips include power and water hook up. Facilities include showers, restrooms, high speed Wi-Fi, free parking, boat launch, locked gates and security systems, and convenience store. For more information, visit [www.westpointmarinabraddockbay.com](http://www.westpointmarinabraddockbay.com).



## Tennis Courts/ Pickleball

Two great social activities, tennis and pickleball are lifelong sports that can be played at any age. Outdoor courts are located at the following parks:

Adeline (tennis only)\*  
Badgerow South (tennis only)  
Basil Marella\*  
Carter (tennis only)\*  
Grandview (tennis only)\*  
Town Hall Campus (pickleball only)\*  
Veterans (tennis only)

\*Lighted courts

## Wellness Way

Wellness Way made its debut in Fall 2017 and incorporates fitness and play activities for those of all ages in one location, Greece Town Hall Campus. Included is a ½ mile fitness trail, outdoor exercise stations, pickleball courts, bocce courts, horseshoe pits, playground and splash pad. All are located within a short walking distance to the Greece Community Center.

## Playgrounds

For family enjoyment, skill development and socializing, the department offers 14 playgrounds. Designed for all ages, we can boast 63 swings, 51 slides, rocks, ropes, bridges and more throughout our playground system.

One of the featured playgrounds is Kids Canyon, an 11,000 square foot play space featuring rocks and ropes. It is the largest playground of its kind in NY State and one of the largest ever designed in the U.S. Kids Canyon was built in 2017 and incorporates technology and innovative artificial turf for a comfortable play experience. It is located on Town Hall Campus at 3 Vince Tofany Blvd.

## Trails

The Department oversees over 45 miles of trails within the Town of Greece. Most trail maps are located at each trail head and can also be found under the department page at [greece.ny.gov](http://greece.ny.gov).

Skill level each trail ranges from easy to difficult, depending on terrain and location. The Town of Greece participates in the Wegmans Hit the Trail Passport program. In addition, the department offers a walking program which explores trails in Greece and beyond.

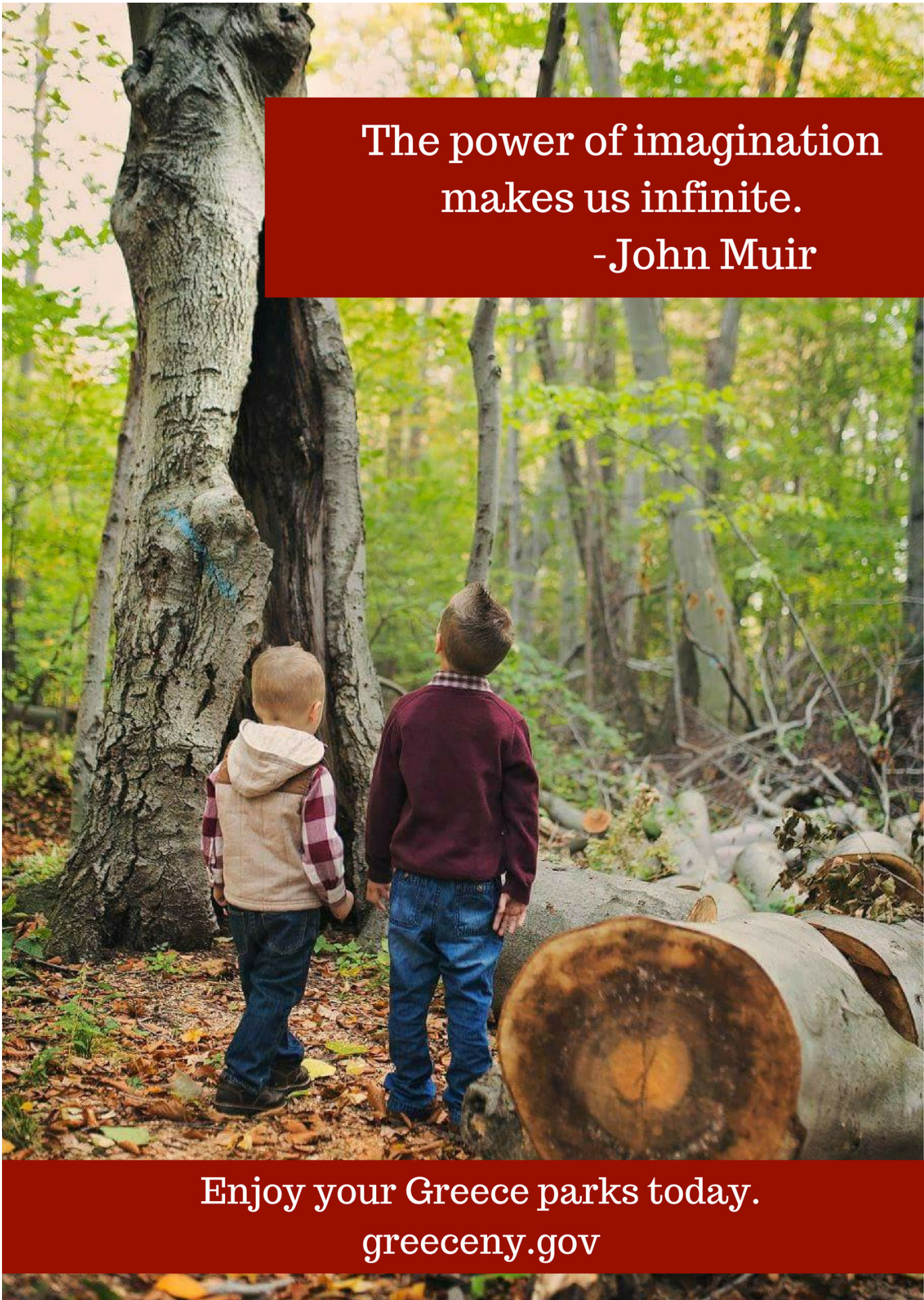
The Department continues to look for volunteers to assist with trail maintenance and upkeep. Visit [greece.ny.gov](http://greece.ny.gov) for more information.

## Parks

Town of Greece parks are designed for the enjoyment of people of all ages and interests. From trails, playgrounds, open shelters and athletic fields, visitors can enjoy increased wellness in many forms.

Park	Restrooms	Playground	Open Shelter	Lodge	Trails	Athletic Fields	Tennis	Other
Adeline	•	•		•		•	•	
Badgerow South	•	•	•		•	•	•	
Basil Marella	•	•	•		•	•	•	Disc Golf
Beverly Pappas		•						
Braddock Bay	•	•	•	•	•			Hawk Lookout
Carter	•	•	•			•	•	
Columbus		•						
Frisbee Hill		•			•			Sledding
Goodwin		•						Fishing
Grandview	•	•				•	•	
Henpeck								Canal Trail
Sawyer	•	•	•		•			Disc Golf
Slater Creek								Fishing
Veterans	•	•	•		•	•	•	





The power of imagination  
makes us infinite.  
-John Muir

Enjoy your Greece parks today.  
[greecenyny.gov](http://greecenyny.gov)